

Question 1:

Hi, one of the boys in my team keeps bowling front foot no-balls, what can I do to stop this?

Coach - Get the player to start from the popping crease with a blindfold on (or eyes shut). From here get the player to do a run up and pretend to bowl a ball at least 5 times, each time marking out their landing spot. As they do this they should start to land consistently on the same spot. Mark this point and get the player to measure the distance in comfortable walking strides. It may pay to do this over several trainings, as on certain days they may be warmer, wind assisted or more motivated.

Question 2:

Hi, I have a player in my team, that when he pulls the ball whether to a slow or fast bowler he always hits it in the air, and generally gives a catch. What is the best way, or one of the ways to stop this?

Coach - This is a common problem, as is a high scoring area for young players, and young players generally try go for the 6 in stead of the safer option! Generally what happens is that young players when striking the ball come from low to high, thus, hitting the ball in the air. What you want them to do is hit high to low, so that their bat is on the way down when connecting with the ball therefore hitting down into the ground. A good way to practice this is set up a game with cones 5 - 10m from the batter, and get someone to throw to them either a bouncing ball or on the full at their waist so that they can practice the pull. The batsman's aim is to get the ball down into the ground before it goes past the 5 - 10m zone. You could set up a competition, e.g. 4 runs if down before cones and hit hard, 2 runs if down before cones but not timed, and- 4 if in air. You could also with this, make the zones either in front of square, square or behind square so that they start to realise when to hit the ball if a player is in a certain area and find the gap.

Question 3:

Hi, one of my players has a chucking bowling action. He is a talented young player but that holds him back. How can I help cure him of this problem?

Coach - Thanks for your question, a very tough one to answer. Ideally the best thing would be to send him into see a Level 2 or 3 coach and get them to video him, then take it from there. What they would normally do it break his whole action down, starting from run up, feet position, shoulder position, release then follow through. But for this instance lets say his run up and follow through are fine, the only problem being his bent arm. The best thing to do is to get him not to worry about anything else but having a straight arm, this would mean practicing

in slow motion (standing start) bowling with a straight arm, to do this get him to start with his bowling arm down by his hip then rubbing the arm over past his ear down to his hip again, the whole time keeping his arm straight. From here get him to do this over and over, then slowly introducing front arm/ run up etc. At certain stages he may get it, but then when introducing the front arm, run up etc he may go back to bent arm, so go back to the previous stage, until he can complete it sufficiently again. With a large amount of practice and patients he will get better, and his muscles will start to memorise what to do.